Abstract

Background:

Evidence from studies carried out in different parts of the world has established that CAM usage was very common and varies among populations, also there are many studies mentioned about its high usage among MS patients in other countries while no studies were available in Saudi Arabia about it. On the other hand, The use of complementary and alternative medicine (CAM) were found to be common among the general population in Saudi Arabia and between patients with cancer in Saudi Arabia , so the aim of the study was to investigate the usage of cam among MS patients in Saudi Arabia especially in Riyadh (Jazieh , et al., 2012), (Skovgaard , 2016), (Olsen , 2009).

Methods:

A cross sectional study designed will be use d using a design questionnaire. The questionnaire contain demographic information and information related to complementary and alternative medicine usage among multiple sclerosis patient.

Results:

The ages of participants are range from 18 to 54 years. 70% of patients are classified as (young adulthood). About (57.5) are married and (100%) are employed at government sector. According to the damages we found large number of targeted population reported they did not experience any unwanted effects from CAM utilization (91.3%) except (8.8%) of them suffer from some types of damages. Also, about (80%) preferred to learn about MS disease through doctors and medical staff.

Conclusions:

Many forms of CAM have been proven safe and effective yet still there is a need for further research to evaluate its effectiveness among MS patients in which there is little or no research evidence for efficacy or safety (Tabish, 2008).

Key words: • multiple sclerosis • alternative medicine • Riyadh • Vitamins •conventional medicine

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